



Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176
317-398-0127
ShelbyGo Transportation
317-398-7614
www.shelbyseniorservices.org
Facebook @shelbyseniorservices

Horizon Newsletter

May 2026

SHELBY SENIOR SERVICES ANNUAL

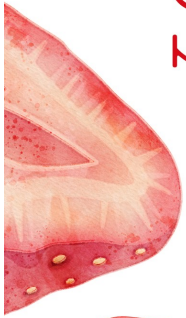
STRAWBERRY FESTIVAL

JUNE 5TH
11AM - 2PM

STRAWBERRY
SHORTCAKE
& ICE CREAM | \$8

LOCATED AT:

SHELBYVILLE PUBLIC SQUARE
& MHP PARKING LOT WALK-UP
OR DRIVE-THRU



**SHELBY
SENIOR
SERVICES**
ENGAGE ENRICH EMPOWER

Mission & Purpose

The Mission of Shelby Senior Services, Inc. is to respect and respond to the ever-changing needs of older adults and their families, to enhance their quality of life, to assist in maintaining their independence and to be an integrated and valued partner in Shelby County.

IN THIS ISSUE

- 3 Membership Information
- 5 Social Services
- 6 ShelbyGo
- 7 Travel
- 8 Health & Wellness
- 11 Activities Notes
- 12 Activity Highlights
- 15 Activity Calendar
- 16 CICOA Meal Calendar
- 18 Waldron Horizon Center
- 18 Morristown Horizon Center
- 18 Donations
- 19 Fairland Horizon Center

Advertising appearing in the Horizon has been purchased and does not represent an endorsement of products or services by Shelby Senior Services Inc.

STAFF

Management Team

Liz Renton, Executive Director
Easter Hall Beyer, Director of Transportation

Horizon Center Coordinators

Crystalá Evans, Shelbyville
Kathy Miller, Fairland
Vivian Scott, Morristown

Program Staff

Jessie Hundley, Social Services Coordinator
Holly Schrank, Dispatcher
Shelbi Smith, Health & Wellness Coordinator
Gina Batton, Administrative Coordinator
Jim Kozinski, Programming Assistant
Carol McDaniel, Travel Coordinator

ShelbyGo Drivers

Margaret Deaton John Forthofer
Andrea Majeed Jerry Berry
Joy Vice Daniel Majeed
Roger Burt

2025-2026 Board of Directors

Nick O'Connor, President
Brent Swonger, Vice President
Jamie Marcum, Treasurer
Brandy Coomes, Secretary

Jenni Haehl Tiffany Tackett Rice
Heather Ross Beth Crouch
Cindy Weidner Grace Dillow
Kevin Williams Melissa Gerline-Clagg

“Serving seniors, improving lives.”



Join us at Girls Inc. on June 4th from 10am-1pm to cut strawberries for our annual Strawberry Festival! Please bring a cutting knife and colander. Sign-up or call for questions at 317-398-0127 or Irenton@shelbyseniorservices.org



Cakes Needed!



We are in need of 125 yellow cakes size 9x13 for Strawberry Festival! If you would like to donate, please drop off baked cakes at Shelby Senior Services, 2120 Intelliplex Dr., between 6/2-6/4 from 8am-4pm. Call 317-398-0127 to sign-up or for more details.

MEMBERSHIP

Shelby Senior Services Membership

By becoming a member, you are helping to support activities, services, and programs that help our community thrive.

Memberships are required to attend activities at any Horizon Center. Services and CICOA lunches do not require a membership.

Annual Fees

\$50 per year: Access to Shelbyville, Fairland, Morristown, and Waldron Horizon Centers
*\$50 annual fee required for Shelbyville

\$25 per year: Access to one designated Horizon Satellite Center: Fairland, Morristown, or Waldron

Membership Discounts

Show your Horizon Center Membership Card at these businesses and receive the following discounts:

Applebee's: 10% discount

Bookmark Cafe & Three Sisters Books & Gifts: 10% discount

Elegant L: 10% discount on Merle Norman Cosmetics

Kopper Kettle Inn Restaurant: 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events

Mathies Landscaping: 10% off retail merchandise

The Chicken Inn: 10% discount



Your Neighbor In Better Hearing

Come in for a Free Hearing Screening!

1209 East State Road 44
Shelbyville, IN 46176

Call (317) 421-7955

www.HearIndiana.com



Freeman Family Funeral Homes
and Crematory

Shelbyville - Morristown



American SENIOR BENEFITS CENTRAL
Powered by Caris Retirement



CHUCK WINSLOW
463-204-8050
MEDICARE & RETIREMENT SPECIALIST
AMBASSADOR TO SENIORS | US MARINE VETERAN

HOW I HELP FAMILIES AND MY COMMUNITY:

- Medicare Planning & Reviews
- Medicare Advantage, Medicare Supplement, Prescription Drug Plans
- Special Needs Plans (C-SNPs & D-SNPs)
- Short-Term Care Plans
- Recovery Care, Cancer Plans, and Hospital Indemnity
- Long-Term Care Insurance Options

- Final Expense & Funeral Planning
- Indexed Whole Life & Guaranteed Issue Policies
- Final Expense Life Insurance
- Preplanning Funerals at Today's Cost
- Free Personal Planning Guide

- Retirement Financial Protection
- Safe Money Strategies
- Indexed Universal Life (IULs)
- Fixed Indexed Annuities
- Lifetime Income Solutions

- Chronic Condition Medicare Plans (C-SNPs)
I specialize in helping individuals who live with chronic health conditions get the coverage, support, and benefits they deserve. These conditions include:
- Diabetes (Type 1 & 2)
- Cardiovascular Disease & Heart Failure
- Chronic Kidney Disease & ESRD
C-SNP plans may offer extra benefits like low-cost medications, dental, hearing, vision, transportation, healthy food cards, and more—with little or no extra cost.

- Veteran, Church & Community Outreach
- Partnering with local churches, senior centers, and veteran groups
- Hosting Free Medicare 101 Classes, Diabetes Seminars, Ice Cream Socials, and Senior Events
- DJ Chuck: Free music & karaoke for community senior events!

Trusted Partners Of:



CPR AED

Heartsaver® CPR for Non-Medical Professionals



American Heart Association.

LEARN

LIFE SAVING SKILLS

from an American Heart Association Basic Life Support Instructor

Smaller Classes for Better Learning Experience



Seniors Helping Seniors THE POWER OF LOVE®

Call Today for Pricing and Class Dates

317.604.5520

32 E. Broadway St. | Shelbyville, IN

SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

Race In, Protein Win, Fueling Seniors Strong!

This month, we're shifting into high gear with a focused effort to support our neighbors who struggle to access nutritious, protein rich foods. It's essential for strength, healing and overall health, especially for older adults. That's why our May campaign is all about protein power.

What We're Collecting- HIGH PROTEIN ITEMS:

- Canned chicken or tuna
- Peanut butter or nut butters
- Canned chili or stew
- Beans (canned or dry)
- Shelf stable milk
- Canned ham or SPAM

How to Participate:

- Drop donations at our "Pit Stop Protein Station".
- Each item counts as one lap in our monthlong race.
- Our community goal: 500 laps by May 31.

Why Protein Matters:

- Preventing Frailty and Falls: Maintaining muscle strength through protein intake directly translates to better balance and mobility, reducing the risk of falls and hospitalization.
- Maintaining Independence: Studies show that older adults with higher protein intake have a 30% lower risk of developing functional impairments, allowing them to maintain independence.
- Better Healing and Recovery: Protein is essential for repairing tissue and maintaining a strong immune system, which often weakens with age.

Friendly Competition - We'll post weekly "lap updates" so you can see how close we are to the finish line. If we hit our 500 lap goal, we'll celebrate with a Victory Lap Ice Cream Social in June.



Dementia Caregiver Gathering

Presented by: Alzheimer's Association, Greater Indiana Chapter

Third Tuesday of the month
1:30 p.m. - 2:30 p.m.

Shelby Senior Services
2120 Intelliplex Dr.
Suite 101
Shelbyville, IN 46176



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org®

Produce Pick-Up Days:

Monday, May 4th

Monday, May 18th

Commodity Box Pick-Up Day:

Tuesday, May 26th 1-3 PM
(alternate date due to holiday)

HAPPY
Birthday

Patsy Spurlin May 1st
*Kathy Miller May 5th
Susan Snyder May 6th
Heryee Leong May 12th
Bonnie Oswald May 13th
Kay Koenig May 15th
Jerry Thomas May 15th
Betty Zoelzer May 15th
Dee Huskey May 23rd
Diane Bolton May 31st

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

Spring has finally arrived and everyone is wanting to get out! Please be mindful of the following:

- Shelby Go operates Monday through Friday from 8am to 4pm, adhering to a strict schedule.
- As a Door-to-Door service, we do not enter homes, facilities or businesses.
- Please be ready for your scheduled pick up, as we only wait five minutes and we cannot accommodate return trips for the drivers due to the tight schedule.

Thank you!

ShelbyGo transportation is public transportation that provides curb-to-curb service within Shelby County.

Fares

Seniors 60+: Donation based
Under 60: \$4 per boarding within city limits,
\$7 per boarding within county

Service Hours

Weekdays: 8:00am—4:00pm
Please call (317) 398-0127 or (317) 398-7614
to schedule a ride.

MEMBER SPOTLIGHT



John Gill

Born in Jeffersonville, Indiana, John Gill grew up as the youngest of four siblings—a role he truly cherished, especially for the close bond it allowed him to form with his mother.

A proud Jeffersonville High Red Devil, John spent his youth on the baseball diamonds and basketball courts before answering the call to serve his country. During five years in the Army's armored division, stationed at Fort Knox and Camp McCoy, he built a foundation of discipline and strength that would carry him through a beautiful, long life.

Upon returning to civilian life, John's world changed forever when he met his wife, Jan, at church. Their meeting blossomed into a remarkable 63-year marriage, a legacy of love that produced three children and a growing family of grandchildren and great-grandchildren. Professionally, John spent 35 years in electrical sales, though his true "work" was the joy of meeting new people and exploring new places, particularly the vibrant energy of California. Whether he was tending to his six-acre country estate—finding peace among his barns, garden, and the quiet beauty of a sunrise—or enjoying the golden years of golf and sunshine in Florida, John has always embraced the richness of life. Today, back home in Indiana to be near his family, he finds inspiration in the energy of the younger generations and his favorite teams, from the Reds and Rays to the Colts and the rivalry of IU and Purdue.

A cornerstone of his community for over 30 years at Mt. Gilead Baptist Church, John lives his faith through action. Whether he's hitting the links at Bear of Blue River twice a week or staying active at the YMCA and Shelby Senior Services, he views every workout and Bible study as an opportunity to make a new friend. To John, life is but a breath, and it should never be wasted. His guiding light remains simple yet profound: cherish your family, honor your faith, and live every single day as if it were your last.



Carol McDaniel
Travel Coordinator



Travel Show

6:30pm

Thursday, May 21, 2026

**2120 Shelby Senior Services, Inc.
Intelliplex Drive, Suite 101
Shelbyville, IN**

Event is free

**Come find out what is scheduled
for the 2027 season! Seating is
limited, you must call 317-398-0127
to reserve your spot.**



HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

As we welcome the warmer days of May, it's the perfect time to refresh our routines and focus on staying active, social, and healthy at Shelby Senior Services!

This month, we're excited to take the fun out into the community as we meet at Cadillac Jack's for Jeopardy and lunch on Monday, May 4th at 12:00 PM. Come enjoy a great meal, test your knowledge, and have some fun competing for prizes while making new friends and sharing plenty of laughs.

We're also continuing to build strength and confidence with Geri-Fit on May 6th and May 20th at 2:00 PM. This class focuses on light-weight training, improving balance, and increasing overall strength in a safe and supportive environment, perfect for all fitness levels.

Don't miss Tea Time on Monday, May 11th at 10:00 AM, where you can relax with a warm cup of tea, enjoy light snacks, and connect with others through meaningful conversation and laughter.

Something fun and new this month! Join us for Chair Basketball on Wednesday, May 13th at 2:00 PM! This exciting activity is a great way to get moving while staying seated, improve coordination, and enjoy some friendly competition in a supportive setting.

Our popular Crockpot Creations class is Monday, May 18th at 1:30 PM. We are back this month with expanded grocery spots, increasing from 15 to 20 participants! Even if you don't grab one of the grocery spots, you are still more than welcome to attend, learn new healthy recipes, enjoy a tasting, and take home the recipe to try on your own.

New this month - join us for our Hike, Picnic and Motorcycle Showcase on May 27th at Blue River Memorial Park. Enjoy a guided walk from 10:30 AM to 12:00 PM, followed by a picnic lunch and motorcycle display. Lunch is provided by Fairland United Women in Faith, and Southside Harley-Davidson will bring motorcycles for the showcase. Please wear comfortable shoes and dress for the weather, as there will be a good amount of walking. Space is limited—sign up at the front desk!

May is a wonderful time to focus on health and wellness—getting active, enjoying the sunshine, and staying socially connected all play a big role in feeling your best. Whether you're trying something new, building strength, or simply enjoying time with friends, there's something for everyone this month at Shelby Senior Services!

~Shelbi

Health & Wellness Highlights:

May 2026 – Sign-Up Required Activities

Cadillac Jack's— May 4th at 12:00 p.m.

Geri-Fit—May 6th and May 20th at 2:00 p.m.

Tea Time – May 11th at 10:00 a.m.

Chair Basketball—May 13th at 2:00 p.m.

Crockpot Creations Class – May 18th at 1:30 PM
(spots limited)

Hike, Picnic & Motorcycle Showcase – May 27
Enjoy a guided walk from 10:30 a.m.– 12:00 p.m. at Blue River Park, followed by a picnic lunch and motorcycle display. This event will require a good amount of walking, so please wear comfortable shoes.

Making Every Moment Count

Because Everyone Deserves
Compassionate, Personalized Care



Our
HOSPICE



Courtney Crowe

812.314.8083
ccrowe@ourhospice.org

Morristown Manor & CYPRESS RUN

Family-first Senior Living
from CarDon

868 S. Washington St.,

Morristown, IN 46161

Phone: 765-763-6012 Fax: 765-763-7261

www.MorristownManor.com

CUSTOMIZED CARE IN THE COMFORT OF YOUR HOME



**Infinity
Home Care
Plus**

Home Care with Infinite Possibilities

317.825.3115

Are you in need of support for appointments or errands? Do you require assistance with meal preparation or managing your daily routine?

We are here to provide the help you need!

Our range of services includes non-medical transportation, assistance with activities of daily living, pet care, companion care, meal preparation, and more!

Feel free to stop by our office at 1728 State Road 44, Shelbyville, IN 46176. Our dedicated staff is ready to answer any questions you may have and provide the support you need regarding our services.

**Infinity
Home Health**

COMING SOON!

Serving Shelby, Johnson, Decatur, Rush,
Hancock, and Bartholomew counties.

Where Family Comes to Live



ASHFORD PLACE

HEALTH CAMPUS

**Independent Living Assisted Living Memory
Care Skilled Nursing Long-Term Care Respite**

For more information or to schedule a tour of our beautiful campus,
please contact us today!

**2200 N Riley Highway
Shelbyville IN 46176**

317-398-8422

317-512-1361



Are you an older adult, with limited or no income, looking for quality, affordable housing?

Now Leasing!

Apartments available to those with little or no income at very low prices. Income limitations are determined by the Department of Housing and Urban Development (HUD).

Studio & One Bedroom Apartments Include:

- Carpeting
- Window Treatments
- Safety Rails in Tub/Shower
- Full Kitchen
- Smoke Detectors
- Heating & Air Conditioning
- Emergency Call System

Building Amenities:

- Individual Indoor Mailboxes
- On-Site Laundry Facilities
- Elevator
- Parking for Residents
- Entry Access System
- Community Room with Kitchen
- Trash Chutes on Each Floor

Call Today for a Tour! 317-398-3316

Charles Major Manor

A Retirement Housing Foundation Company

102 East Franklin Street
Shelbyville, IN 46176



COMPASSIONATE CARE
It's What We Are Known For

Discover the heart of compassionate care at **Walker Place**. Every person deserves an ally in life, and our team members, specially trained for this purpose, are committed to serving as that unwavering partner in care. Our resident's well-being is our top priority.

Schedule Your Tour Today!

Walker Place
ASSISTED LIVING

A LakeHouse Senior Living Community

317.942.0552

WalkerPlaceSeniorLiving.com

2216 North Riley Highway, Shelbyville, IN 46176
Assisted Living



©2025 LakeHouse Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed and Operated by LakeHouse Senior Living. WAPL-0032 5/25





Serving Shelby & Surrounding Counties Since 1936

Complete Arrangements For Traditional, Cremation, Memorial or Alternative Services

Monuments

Pre-Arrangements

Pet Burial or Cremation

703 S. Harrison Street, Shelbyville, IN 46176
www.murphy-parks.com

317-398-6697



Memorial Gardens & Crematory

Shelby County's Newest Cemetery

- Ground Burials*
- Columbaria
- Mausoleum
- Pet Cemetery
- Heroes of Honor & Glory
- Veterans Lawn Crypt & Cremation Garden

625 Progress Parkway, Shelbyville, IN 46176

317-398-6060

Ask About Our **FREE** Space (1 Per Household Special)

FREE Veterans Space/Vault Combo To All Veterans

Timber Creek Village

Assisted Living

NOW OPEN!

State-of-the-Art Features:

- Large Apartments with Private Patios
- Walk-in Showers & Walk-in Closets
- 24-Hour Certified & Caring Staff
- Free Medical Transportation
- Affordable Rates (All Utilities Included)
- Pet Friendly




Independent & Assisted Living

990 Progress Parkway
Shelbyville, IN 46176

317-680-2500

www.timbercreekvillagecommunity.com



SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Older Americans Month is celebrated every May. It is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends and strengthen our commitment to honoring our older citizens. This year's theme is "Champion Your Health." This theme focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care and making informed decisions that support independence. Shelby Senior Services activities offer many great opportunities for you to be a champion of your own health in 2026.

How can individuals take charge of their health at every age?

- ~ Stay up to date on preventive care and screenings.
- ~ Build and maintain social connections that support emotional well-being.
- ~ Choose nutritious, minimally processed foods.
- ~ Incorporate regular physical activity to maintain strength and mobility.
- ~ Practice daily habits that support mental health and resilience.

Strawberry Festival is coming in June and we need volunteers. Strawberry Cutting Day is June 4th at Girls Inc. from 10 am to 1 pm. We would love to have you join us to cut strawberries. Bring a colander, cutting board and a pairing knife to Strawberry Cutting Day. We do ask that you sign up so that we know how many people to count on for lunch. That is right – we will provide lunch as a way to say "Thank You" for coming out and Helping. Senior volunteers will receive a voucher for a Strawberry Shortcake on Strawberry Festival Day. This is always a fun community event. We hope to see you at Girls, Inc. on Strawberry Cutting Day on June 4, 2026.

Another way that you can help is by signing up to provide 9x13 yellow cakes. It takes a lot of cake to make all those strawberry shortcakes. Feel free to provide a cake. Your donation would be greatly appreciated. We also need people to eat the strawberry shortcakes. The day for our Strawberry Festival is June 5th – mark your calendars. Cost is \$8 and that is a deal.

This year we are going to have a King and Queen of the Strawberry Festival Contest. We are looking for couples to collect donations as a way to raise money for the center. The couple with the most money collected will be dubbed the King and Queen of the Strawberry Festival. They will receive a prize package and a crown to wear during the festival. Please see me to get signed-up to participate. Donations will ONLY be collected from May 1st through May 30th.

Crystalá Evans, ADC
Shelbyville Activity Coordinator

ACTIVITY HIGHLIGHTS

***Denotes that you must sign-up at the front desk or over the phone prior to the event date. When there is a cost for an activity, please pay at the Front Desk or call 317-398-0127 to sign-up over the phone via a credit card.**

***Mondays in May on the 4th and the 11th by appointment only – Tech Savvy Seniors** - By Appointment from 9:00 a.m. to 11:00 a.m. We will be taking appointments for you to learn your technology with one-on-one, 30-minute sessions. Make your appointment, tell us what you want to learn on your device, and bring your technology fully charged and ready to work on during your session.

***Monday, May 4th at 1:00 p.m. Upcycled Jean Pocket Craft Cost \$5** Join Liz Riggs as she leads us in a fun craft. We will be taking jean pockets and upcycling them into a beautiful piece of art. Cost is \$5 and there is room for 10 participants.

***Tuesday, May 5th at 1:00 pm. Artful Explorations Series** – Session One is a Stained Glass Class. We are taking 10 people to be a part of our Artful Explorations class series. This is a FREE series. Come and learn something new, or work towards perfecting your artistic talents. Sign-up to be a part of this series. No Cost, room for 10 participants.

***Thursdays in May at 10:15 a.m. Cardio Drumming** Join Dakota Nicely for a fun cardio workout. We drum along to the beat of several songs that are sure to get your blood flowing. Please sign-up as space is limited.

Friday, May 8th at 9:00 a.m. Fun Friday – Mother’s Day and May Birthdays We are going to be celebrating the wonderful women who forged our paths, the women we have become and the women we have raised. Wear something that makes you feel happy and represents you as a mother. Our Bingo sponsor is Ashford Place and our birthday cupcakes are brought to you by Ease At Home Care Services. Happy Mother’s Day weekend to you all. Come play Bingo, win prizes, have cupcakes, and celebrate with the May birthday gang.

***Monday, May 11th at 1:00 p.m. –Slice, Slice Baby Cake Bar with Waldron Rehabilitation and Healthcare** We are going to be having another delicious Cake Bar. Our favorite baker, Tracey Hash, will be here with an assortment of delicious cakes to sample. This is made possible by Nicole Cherry, and a sponsorship from Waldron Rehabilitation and Healthcare.

***Monday, May 11th at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a Party with DJ Moxy. Join us for music, dance, singing and friendship. Bring a light refreshment to share, but we will have a cake bar on the menu as well. Put on those dancing shoes, practice your favorite song and come on out for an afternoon of fun. Feel free to dress up in your favorite Spring outfit and sunglasses.

***Tuesday, May 12th at 10:00 a.m. Tri-Shaw Rides** That’s right – we are going to have 8 spots available for Tri-Shaw Rides from We Ride Bikes. Please sign-up at the front desk and sign the waivers. We will have 4 spots at 10 a.m. and 4 spots at 10:30 a.m. If we fill all 8 spots we will look at seeing if we can book future dates.

***Wednesday, May 13th at 11:30 am Lunch and Learn – The Power of Saying No and Avoiding Caregiver Burnout Cost \$5** This is a Lunch and Learn that you are not going to want to miss! We are going to welcome Alyssa Botte and Danielle Taylor to our center to talk about “The Power of Saying No and Avoiding Caregiver Burnout”. We will be having sandwiches, chips, cookies and lemonade. Cost is \$5 and is limited to 25 people.

Thursday, May 14th at 9:00 a.m. Coffee with The Mayor Scott Furgeson will be here to enjoy a cup of coffee and chat. He wants to hear from our 60-and-over senior community. This is a great chance to have an open forum discussion with the Mayor directly. No need to sign-up for this, but please come out and bring your questions. We will have donuts provided by our sponsor, Defender Financial.

Thursday, May 14th at 1:00 p.m. Book Club at the Horizon Center in the Meeting Room with Pam Weakley from the library. This month we will be discussing a great book called “The Lost Boy Found” by Kirsten Alexander. Book Club will meet in the Meeting Room.

ACTIVITY HIGHLIGHTS

***Thursday, May 14th Let's Go To The Movies** Time is TBD. Cost is at your expense and is \$5 for the Movie – which is payable at the time of the movie The Senior Daily Special is \$7 which includes a regular popcorn and a medium drink. Since they don't release the movie until the week prior -we want you to sign-up and give us your phone number. As the date gets closer we will pick a movie. This is so that we can have a Movie Matinee in a real theatre and have movie theatre popcorn as a group. This is something new – so come and help make it a success.

Friday, May 15th at 9:00 a.m. Fun Friday – Chocolate Chip Day and Straw Hat Day We are going to enjoy some delicious chocolate chip cookies while we wear our favorite straw hats. Our Bingo sponsor is Morristown Manor. Come out and play Bingo, win prizes and have fun.

***Monday, May 18th at 8:30 am Day Trip to the Indianapolis Zoo Cost \$25** We are going to be taking a trip to the Indianapolis Zoo. This trip is a lot of walking. Cost is \$25, plus the cost of your lunch. You can bring a sack lunch, or eat at one of the Zoo Café's. There is room for 14 people. Please dress for the weather, wear sunscreen and come ready to explore.

***Tuesday, May 19th at 1:00 pm. Artful Explorations Series** – Session Two is a Macramé Class. We are taking 10 people to be a part of our Artful Explorations class series. This is a FREE series. Sign-up to be a part of this series. No Cost, room for 10 participants.

***Wednesday, May 20th at 12:00 p.m. Lunch and Karaoke Capone's Downtown Speakeasy** We are going to travel to downtown Shelbyville to have lunch at Capone's Downtown Speakeasy. Then we are going to join others for Karaoke. Cost is the price of your lunch. Meet at Capone's at 12:00 p.m. Room for 14 participants. Please sign-up in advance so that we can reserve a table for everyone.

***Wednesday, May 20th at 3:00 p.m. Hometown Hop -On Senior Cruise** We are going to depart from Capone's and take a ride on the Hometown Hop On. This ride will take us on a tour around Shelbyville. We will end at the Alley Tap for Dinner or snacks. Cost \$5

***Thursday, May 21 st at 3:00 p.m. Music and a Meal with Wildman Dak Darling Cost \$7** We are going to be welcoming our favorite Cardio Drumming instructor, Dakota, to our center. Please welcome Wildman Dak Darling to play for us. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be tender roast beef, mashed potatoes and gravy, grilled veggies, rolls with butter, a drink and brownies for dessert. You must RSVP for this event by May 13th and it is limited to 50 people, cost is \$7.

Friday, May 22nd at 9:00 a.m. Fun Friday– Black & White Race Day Pre-Party We are kicking off the weekend of the Indy 500 by wearing black and white. Wear something that is checkered, black and white or race themed. Our Bingo prize table is going to be sponsored by Compass Park. They always bring great prizes. Come join the fun.

*****Monday, May 25th – Center CLOSED for Memorial Day**

***Wednesday, May 27th at 10: 30 a.m. Hike and Picnic at the Blue River Park** Join Shelbi at the Blue River Memorial Park for a hike and a picnic.

***Thursday, May 28th at 1:00 p.m. SCRABBLE with Erica from Millers** We are going to play SCRABBLE with Erica from Miller's Merry Manor. Erica will be bringing treats from the Swiss Maid in Hope, IN for everyone to enjoy. Have an afternoon snack and enjoy some SCRABBLE.

Friday, May 29th at 9:00 a.m. Fun Friday Sunglasses Day This is Heat Awareness Day! We are going to be wearing our sunglasses and enjoying the shade today. Stay cool and come inside for a fun morning of Bingo. Our prize table sponsor is McKay Manor.

***Thursday, June 4th is Strawberry Cutting Day 10 a.m. to 1 p.m.** Please sign-up to join us for Strawberry Cutting Day. We will be cutting at Girls, Inc. from 10 a.m. to 1 p.m. Bring a cutting board, colander and a paring knife for the cutting. Lunch will be provided. Senior volunteers will receive a voucher for a strawberry shortcake on the day of the Strawberry Festival.

Friday, June 5th is Strawberry Festival 11 a.m. to 2 p.m. We will be serving up Strawberry Shortcake on the circle and in the MHP parking lot from 11 am – 2 pm. Cost is \$8. Come taste summer!

SHELBY SENIOR SERVICES

LUNCH AND LEARN



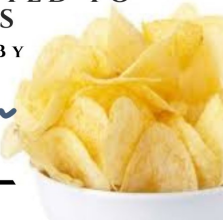
THE POWER OF SAYING NO AND AVOIDING CAREGIVER BURNOUT

Join us for an informative Lunch and Learn where we discuss The Power of Saying No and Avoiding Burnout. We will be having Sandwiches, Chips, Cookies and a Drink.

WEDNESDAY, MAY 13, 2026
11:30 AM LUNCH SERVED
12:00 PRESENTATION
COST IS \$5- LIMITED TO 25 GUESTS

BROUGHT TO YOU BY

Blue River
Counseling



Shelby Senior Services Presents

MUSIC & A MEAL

MAY 21, 2026

MUSIC WITH

WILDMAN DAK DARLING

COST IS \$7

3:00 MUSIC

4:00 MEAL

Please R.S.V.P.

by calling

317-398-0127

Room for 50 Guests

COST IS \$7

Entertainment

& Food Cost

2120 Intelliplex Drive, Suite 101

www.shelbyseniorservices.org



MEAL BY:

YOUR WAY CATERING:

TENDER ROAST BEEF

MASHED POTATOES &

GRAVY

ROASTED VEGETABLES

ROLLS WITH BUTTER

BROWNIES

AND A DRINK



CHAIR

BASKETBALL

COME AND JOIN US

MAY 13TH
2:00PM

SHELBY SENIOR SERVICES
2120 INTELLIPLEX
DR. SHELBYVILLE IN

MORE INFO :

THIS SEATED GAME HELPS IMPROVE COORDINATION, LIGHT MOVEMENT, AND FRIENDLY COMPETITION WHILE ENJOYING TIME WITH FRIENDS. COME TAKE YOUR BEST SHOT AND HAVE SOME FUN!



Day Trip
Indianapolis Zoo

Monday, May 18th
Room for 14 people
Bus Departs at 8:30 a.m.

\$25 per person
Plus Cost of your Lunch
You can bring a Sack Lunch
Join your friends as we board the bus for a fun filled day at the Indianapolis Zoo. This trip will be a lot of walking. Appropriate Dress is recommended.
Call for reservations 317-398-0127
shelbyseniorservices.org



MAY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Produce Pick-Up 9:00 Tech Savvy Seniors 9:00 Mah Jongg 12:00 Lunch at Cadillac Jacks - Jeopardy 1:00 Upcycled Jean Pocket Craft Cost \$5	5 10:00 Caffeinated & Connected - Cinco De Mayo Fun 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting 1:00 Artful Explorations - Stained Glass Craft	6 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 GeriFit	7 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Open Games	8 9:00 Fun Friday – Mother’s Day 9:00 May Birthdays with Ease At Home Care Services 9:30 BINGO by Ashford Place 1:00 Euchre 1:00 Dominoes
11 9:00 Tech Savvy Seniors 9:00 Mah Jongg 10:00 Tea Time 1:00 Cake Bar with Waldron 1:00 Dance & Karaoke with DJ Moxy	12 10:00 a.m. Tri-Shaw Rides 10:00 Caffeinated & Connected - Yahtzee 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	13 9:15 Bible Study with Jim 11:30 Lunch and Learn – The Power of Saying No and Avoiding Caregiver Burnout Cost \$5 1:00 Hand and Foot Game 2:00 Chair Basketball	14 9:00 Coffee with The Mayor 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Book Club 1:00 Let’s Go To The Movies	15 9:00 Fun Friday – Chocolate Chip Day & Straw Hat Day 9:30 BINGO by Morristown Manor 1:00 Euchre 1:00 Dominoes
18 Produce Pick-Up 8:30 Day Trip to the Indianapolis Zoo Cost \$25 1:00 Mah Jongg 1:30 Crockpot Class	19 10:00 Caffeinated & Connected - Sorry 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting 1:00 Artful Explorations - Macrame Craft	20 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 12:00 Karaoke @ Capone’s 2:00 GeriFit 3:00 Hometown Hop On Senior Cruise Cost \$5	21 Travel Show 6:30pm 9:00 POKENO 10:00 Tai Chi 1:00 Open Games 3:00 Music and a Meal – Wildman Dak Cost \$7	22 9:00 Fun Friday – Black & White for Race Day 9:30 Bingo by Compass Park 1:00 Euchre 1:00 Dominoes
25 Center Closed for Memorial Day	26 10:00 Caffeinated & Connected - Breakfast with Serenity Home Care 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	27 9:15 Bible Study with Jim 10:30 Hike & Picnic @ Blue River Memorial Park 1:00 Hand and Foot Card Game	28 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Scrabble with Erica from Miller’s Merry Manor	29 9:00 Breakfast – French Toast Bake with McKay Manor 9:00 Fun Friday – Sunglasses for Heat Awareness Day 9:30 Bingo by McKay Manor 1:00 Euchre & 1:00 Dominoes



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 	<p>OLDER AMERICANS MONTH</p>  <p>CHAMPION YOUR HEALTH: MAY 2026</p>	<p>MEMORIAL DAY</p> 		<p>1</p> <p>Lemon Salmon Sweet Potatoes Broccoli w/ Red Peppers Wheat Roll Mandarin Oranges Milk</p>
<p>4</p> <p>Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk</p>	<p>5</p> <p>Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mixed Fruit Milk</p>	<p>6</p> <p>Chicken Roma Roasted Carrots Apples w/ Cherries & Almonds Wheat Bread Milk</p>	<p>7</p> <p>BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk</p>	<p>8</p> <p>Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk</p>
<p>11</p> <p>Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears WG Bun Milk</p>	<p>12</p> <p>Cheesy Smothered Chopped Steak White Rice Pilaf Peas Wheat Bread Mandarin Oranges Milk</p>	<p>13</p> <p>LUNCH AND LEARN COST \$5</p>	<p>14</p> <p>Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce Milk</p>	<p>15</p> <p>Almond Crusted Fish California Veggies Scalloped Potatoes Mixed Fruit Wheat Bread Milk</p>
<p>18</p> <p>Bagel w/Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Applesauce Milk</p>	<p>19</p> <p>Sweet & Sour Chicken Broccoli Carrots Tropical Fruit Milk</p> 	<p>20</p> <p>Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Milk</p>	<p>21</p> <p>Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>	<p>22</p> <p>Cheese Lasagna w/ Vegetables Lima Beans Carrots Wheat Roll Diced Pinneapple Milk</p>
<p>25</p> <p>Meal Site Closed</p> <p>Happy Memorial Day!</p>	<p>26</p> <p>Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk</p>	<p>27</p> <p>Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Cup Milk</p>	<p>28</p> <p>Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk</p>	<p>29</p> <p>Burrito Bowl w/ Chicken Black Beans Fajita Vegetables Cilantro Lime Rice Diced Mango Milk</p>

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.

CICOA Meal Information

Shelby Senior Services lunch program is provided through CICOA at the Shelbyville Horizon Center Monday - Friday at 11:30am. Reservations are made by Tuesday at noon for the following week. You can make a reservation by calling 463-777-1239 or sign-up on a lunch day during the hours of 10:00am - 12:30pm. If you are unable to make your reservation, please call to let us know by 10am that day.

Activity Center Needs:

Gift Cards for Prizes for Euchre and Pokeno
Square Napkins
Powdered Creamer
Powdered Lemonade
Case of Bottled Water
Individually wrapped snacks

Legal Aide Services:

A paralegal from the Indiana Legal Services: Senior Law Project come to Shelby Senior Services the third Thursday every month. To schedule an appointment with the paralegal, call 317-398-0127.

SHIP Services:

The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. To schedule an appointment, call 317-398-0127.

Tax Services:

Tax appointments for 2025 filings have concluded. Reservations for 2026 filings will begin around January 2027. Stay tuned for more information or call 317-398-0127 with any questions.



**YOUR TRUSTED
PARTNER IN MEDICARE
FAMILY CAREGIVING**

Call or text: (317) 360-0359



- Brand new short term rehab unit
- Memory Care Unit with Private rooms
- Adult Daycare
- Most Insurance Plans Accepted

Call our Marketing and Admissions team to learn more

Jessica Purvis • 317-551-2697
admissions.shelbyville@willowshealthcare.com

Jeannette Leffew • 317-512-1595
Marketing.shelbyville@willowshealthcare.com

**Willows**
of SHELBYVILLE
2309 S. Miller St.
Shelbyville, IN 46176
317.398.9781



WALDRON

Join us every Tuesday in May!

Lunch at the St. Paul Tavern at 11am – Cost \$5
Following lunch, we will have games for everyone to enjoy.

Please call 317-398-0127 and ask for Liz to reserve your spot or with any questions. We hope to see you there!

In Memory of

Anna Marie Anewalt

Given by:

Roger & Barbie Blocks

Sue Billings

In Memory of

Dee Bonner

Given by:

Lou Ann Anspaugh

In Memory of

Louise Ann Griffey

Given by:

Bradley Anspaugh

Karen Buchanan

Joe & Nancy Nicklyn

MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church, 221 S. Washington St. Morristown, IN. Open Wednesdays from 11:00 am-2:00 pm. For lunch reservations, call or text Vivian at 765-404-2280.

10:30-11:15— Coffee and Chat

11:15 -12:00— Exercises for the body and mind with Shelbi and Jim

12:00-1:00 p.m.— Lunch (cost \$5)

1:00-2:00 p.m.— Games, activities, crafts, etc.

May 6th

Lunch: Turkey noodles, mashed potatoes, cake and ice cream

Activity: Birthday Club: Celebrating this month's birthdays

May 13th

Lunch: Sloppy Joes, sides and dessert

Activity: Bingo, games

May 20th

Lunch: Burrito Bar, sides and dessert

Activity: Visit with Social Services Coordinator, Jessie Hunley, to discuss programs and information for everyday life of a senior

May 27th

Lunch: Meatloaf, sides and dessert

Activity: TBD

Happy birthday this month to Susie Keaton
and Mary Ann Toll!!

DONATIONS

Thank you to our donors:

Hoi Ching Leong	Sandra Schoentrup
Melissa Stewart	Laura Burkhardt
Susan Snyder	Marjorie Kuhn
John & Martha	Judy Eads
Wetnight	Valerie Donica
Marvin Toll	Linda Crawford
Cindy Weidner	American Legion
Eric Sonntag	Post 70
Jane Sparks	
Betty Zoelzer	
Barbara Reddick	
Bonnie Scott	

Thank you to the following organizations/individuals for donations to the Activities Department:

Main Street Hospice, Compass Park, Willows of Shelbyville, McKay Manor, Waldron Health and Rehabilitation Center, Ashford Place, Walker Place, Morristown Manor and Cypress Run, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Infinity Home Care Plus, Your Way Catering, Indiana, Tim and Janice Conway of Blue River Stained Glass, Salvation Army, Kopper Kettle, CICOA, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer's Association, SCUFFY, Blue River Community Foundation, and Defender Financial Group.

FAIRLAND

Join us at the Fairland Horizon Center!

Located at the Fairland Fire Dept. Community Room, 400 W 400 N Fairland, IN. Open Thursdays from 9:30am until we're done for the day! Call Kathy at 317-364-0029 to reserve your spot.

Mornings:

- 9:30-10:00** Coffee Chat
10:00 -11:00 May 7 Exercise with Shelbi
May 14 & 28 Chair VOLLEYball
May 21st Chair BASKETball
11:00 Bible Study
11:00 -12:00 Mind Games Board Games, Card Games & Bridge
12:00 Lunch \$5 Please make reservations by the Tuesday prior

May 7 First Thursday Euchre

- 12:00 Lunch:** Taco Bar (Chicken or Beef), fixings, Mexican Ice Cream Dessert
1:00 Euchre tournament...prizes for High and Low Scores

May 14 "A visit with Mrs. Copperpot"

- 12:00 Lunch:** Baked Potato and Salad Bar & Dessert
1:00 MRS. COPPERPOT (Donna Dennison, from the geneology department at the Shelbyville Library) will be coming to us today to share all about Boarding House that she cooked for during America's Revolutionary War.... and does she have some stories to tell! You will not want to miss this delightful presentation!

May 21 "Remembering at Memorial Day"

- 12:00 Lunch:** Hoosier Stew, Cornbread, Slaw and Desserts
(A BIG THANK YOU to the ReNew Women's Group for preparing today's meal)
1:00 Memorial Day sets apart the last Monday of the Month of May to remember and honor those who have given their lives to protect the United States. We will take today to remember those brave men and women.

Several years ago during the pandemic, I recorded several "Kathy's Corner's" to be watched via Facebook. A couple of those included segments regarding our love for this nation and our thanks for our freedom. Today, we will revisit these "clips" remembering those who gave all, so that we can remain free. We will also see and hear from some of our members who are no longer with us. This will give us an opportunity to "remember" them as well.

Advisory Board meeting following presentation. Please stay and help with ideas and plans for the next few months.

May 28 All Center Birthday Party

- Lunch:** First Cook Out of the season and Birthday Cake!
Today we will celebrate everyone's birthday!! Be prepared to share a story of a favorite birthday memory! We will also have a few birthday party games.
Our lunch tables will be birthday month tables and you will sit with the folks that share your birthday month.
I will have sign-up sheets out for you to help me with the decorating! You can do a "birthday party theme" for your month, or theme it with a big event that happens that month, i.e.: February and Valentines day. We will award a prize for the best table!

Healthy Grieving Tip
....as Observed

“Even when things are less than perfect, if we can think of the good, the beautiful, the hopeful, we’ll be more than sustained, we’ll conquer.”

Author Unknown



Glenn E. George & Son Funeral Home

437 Amos Road, Shelbyville IN 46176
317-398-4599



106 E. Franklin, St. Paul, IN 47272
765-525-2411



Shelby Senior Services, Inc.
2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176

Nonprofit Org.
U.S. Postage Paid
Bulk Mail
Permit #66
Shelbyville, IN 46176

Address Service
Requested